

Carers' Support Group Long Term Conditions (LTC)

Are you someone that provides help to a family member or friend?

If you provide unpaid care to someone who has a disability, illness, mental health condition, or addiction, or needs extra help as they get older, then you may be interested.

Unpaid carers are an invaluable contribution to our communities, selflessly devoting their time, love and energy to supporting family members, friends, or neighbours who may be ill, elderly, or disabled, without expecting anything in return.

Often the best source of support is other carers in a similar situation to yourself. We recognise it is important to support carers in their role

to enable you to be able to continue caring, stay well and healthy

We hold an online meeting and two face to face groups to provide you the chance to meet other carers, share or gain knowledge, and peer support from each other. We also invite speakers on subjects that may interest you.

- **WHEN:** every first Thursday of the month,
- **WHERE:** Online
10.30am to 12.30pm
- Join the **zoom** meeting:
bit.ly/3HVw17J
- Meeting ID:
87329377438
- Passcode: 285341
- Our carers Zoom session is an open invite.

Online meeting
Harlington Care

Face to face meeting
Harlington Care

- **WHEN:** Every second Monday of each month
- **10.30am to 12.30pm**
- Monday, 12th May
- Monday, 9th June
- Monday, 14th July
- Monday, 11th August
- Monday, 8th September
- Monday, 13th October
- Monday, 10th November
- Monday, 8th December

- **WHEN:** Every last Friday of each month
- **10.30am to 12.30pm**
- Friday, 25th April
- Friday, 30th May
- Friday, 27th June
- Friday, 25th July
- Friday, 29th August
- Friday, 26th September
- Friday, 31st October
- Friday, 28th November
- Friday, 19th December

Face to face meeting
Transit Community Support

Contact: 01895 258 888

Email: info@harlingtoncare.org

Face to Face meetings Venue:

115 B High Street Whitton, TW2 7LG

Getting there: 2 minutes from Whitton Station - Overground rail (SWR). Bus routes: 110, 281, 481 & H22).

Please join us and bring along your friends who also have caring responsibilities